

Animals And Psychedelics The Natural World And The Instinct To Alter Consciousness

Psychedelic Shamanism presents the spiritual and shamanic properties of psychotropic plants and discusses how they can be used to understand the structure of human consciousness. Author Jim DeKorne offers authoritative information about the cultivation, processing, and correct dosages for various psychotropic plant substances including the belladonna alkaloids, d-lysergic acid amide, botanical analogues of LSD, mescaline, ayahuasca, DMT, and psilocybin. Opening with vivid descriptions of the author's personal experiences with psychedelic drugs, the book describes the parallels that exist among shamanic states of consciousness, the use of psychedelic catalysts, and the hidden structure of the human psyche. DeKorne suggests that psychedelic drugs allow us to examine the shamanic dimensions of reality. This worldview, he says, is ubiquitous across space, time, and culture, with individuals separated by race, distance, and culture routinely describing the same core reality that provides powerful evidence of the dimensional nature of consciousness itself. The book guides the reader through the imaginal realm underlying our awareness, a world in which spiritual entities exist to reconnect us with ourselves, humanity, and our planet. Accurate drawings of plants, including peyote, *Salvia divinorum*, and San Pedro, enhance the book's usefulness.

Cutting-edge explorations and discussions of DMT experiences and plant sentience from leading luminaries in the field of psychedelic research • Includes contributions from Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Peter Meyer, David Luke, and many others • Explores DMT beings, plant sentience, interspecies communication, discarnate consciousness, dialoguing with the divine, the pineal gland, the Amazonian shamanic perspective on Invisible Entities, and the science behind hallucinations Encounters with apparently sentient beings are reported by half of all first time users of the naturally occurring psychedelic DMT, yet the question of DMT beings and plant sentience, interspecies communication, discarnate consciousness, and perhaps even dialoguing with the divine has never been systematically explored. In September 2015, ten of the world's leading luminaries noted for exploring the mysterious compound DMT (dimethyltryptamine) gathered with other researchers at Tyringham Hall in England to discuss the subject. Over three days, they pooled their expertise from a wide range of subjects--archaeology, anthropology, religious studies, psychology, neuroscience, chemistry, and psychopharmacology, to name a few--to explore the notion of "entheogenic plant sentience" and the role of DMT as a conduit between Spirit and Matter. Offering cutting-edge insights into this visionary domain, this book distills the potent exchange of ideas that occurred at Tyringham Hall, including presentations and discussions on DMT entities, the pineal gland, the possibility of DMT as a chemical messenger from an extraterrestrial civilization, the Amazonian shamanic perspective on Invisible Entities, morphic resonance, and the science behind hallucinations. Contributors to the talks and discussions include many leading thinkers in this field, including Rupert Sheldrake, Rick Strassman, Dennis McKenna, Graham Hancock, Jeremy Narby, Erik Davis, Ede Frecska, Luis Eduardo Luna, Bernard Carr, Robin Carhart-Harris, Graham St. John, David Luke, Andrew Gallimore, Peter Meyer, Jill Purce, William Rowlandson, Anton Bilton, Vimal Darpan, Santha Faiia, and Cosmo Feilding Mellen.

How historical, social, and cultural forces shaped the psychedelic experience in midcentury America, from CIA experiments with LSD to Timothy Leary's Harvard Psilocybin Project. Are psychedelics invaluable therapeutic medicines, or dangerously unpredictable drugs that precipitate psychosis? Tools for spiritual communion or cognitive enhancers that spark innovation? Activators for one's private muse or part of a political movement? In the 1950s and 1960s, researchers studied psychedelics in all these incarnations, often arriving at contradictory

results. In *American Trip*, Ido Hartogsohn examines how the psychedelic experience in midcentury America was shaped by historical, social, and cultural forces--by set (the mindset of the user) and setting (the environments in which the experience takes place).

A provocative new novel from bestselling author T.C. Boyle exploring the first scientific and recreational forays into LSD and its mind-altering possibilities In this stirring and insightful novel, T.C. Boyle takes us back to the 1960s and to the early days of a drug whose effects have reverberated widely throughout our culture: LSD. In 1943, LSD is synthesized in Basel. Two decades later, a coterie of grad students at Harvard are gradually drawn into the inner circle of renowned psychologist and psychedelic drug enthusiast Timothy Leary. Fitzhugh Loney, a psychology Ph.D. student and his wife, Joanie, become entranced by the drug's possibilities such that their "research" becomes less a matter of clinical trials and academic papers and instead turns into a free-wheeling exploration of mind expansion, group dynamics, and communal living. With his trademark humor and pathos, Boyle moves us through the Loneys' initiation at one of Leary's parties to his notorious summer seminars in Zihuatanejo until the Loneys' eventual expulsion from Harvard and their introduction to a communal arrangement of thirty devotees—students, wives, and children—living together in a sixty-four room mansion and devoting themselves to all kinds of experimentation and questioning. Is LSD a belief system? Does it allow you to see God? Can the Loneys' marriage—or any marriage, for that matter—survive the chaotic and sometimes orgiastic use of psychedelic drugs? Wry, witty, and wise, *Outside Looking In* is an ideal subject for this American master, and highlights Boyle's acrobatic prose, detailed plots, and big ideas. It's an utterly engaging and occasionally trippy look at the nature of reality, identity, and consciousness, as well as our seemingly infinite capacities for creativity, re-invention, and self-discovery.

Explores the potential of psychedelics as medicine and the intersections of politics, science, and psychedelics • Explores the tumultuous history of psychedelic research, the efforts to restore psychedelic therapies, and the links between psychiatric drugs and mental illness • Offers non-technical summaries of the most recent, double-blind, placebo-controlled studies with MDMA, psilocybin, LSD, and ayahuasca • Includes the work of Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker Embracing the revival of psychedelic research and the discovery of new therapeutic uses, clinical psychologist Dr. Richard Louis Miller discusses what is happening today in psychedelic medicine--and what will happen in the future--with top researchers and thinkers in this field, including Rick Doblin, Stanislav Grof, James Fadiman, Julie Holland, Dennis McKenna, David Nichols, Charles Grob, Phil Wolfson, Michael and Annie Mithoefer, Roland Griffiths, Katherine MacLean, and Robert Whitaker. Dr. Miller and his contributors cover the tumultuous history of early psychedelic research brought to a halt 50 years ago by the U.S. government as well as offering non-technical summaries of the most recent studies with MDMA, psilocybin, LSD, and ayahuasca. They explore the biochemistry of consciousness and the use of psychedelics for self-discovery and healing. They discuss the use of psilocybin for releasing fear in the terminally ill and the potential for MDMA-assisted psychotherapy in the treatment of PTSD. They examine Dr. Charles Grob's research on the indigenous use and therapeutic properties of ayahuasca and Dr. Gabor Mate's attempt to transport this plant medicine to a clinical setting with the help of Canada's Department of National Health. Dr. Miller and his contributors explore the ongoing efforts to restore psychedelic therapies to the health field, the growing threat of overmedication by the pharmaceutical industry, and the links between psychiatric drugs and mental illness. They also discuss the newly shifting political climate and the push for new research, offering hope for an end to the War on Drugs and a potential renaissance of research into psychedelic medicines around the world.

***"Science Friday" Summer Reading Pick** **Discover magazine Top 5 Summer Reads** **People magazine Best Summer Reads** "A lovely, big-hearted book...brimming with compassion and the tales of the many, many humans who devote their days to making animals well" (The New York Times). Have you ever wondered if your dog might be a bit depressed? How about heartbroken or homesick? Animal Madness takes these questions seriously, exploring the topic of mental health and recovery in the animal kingdom and turning up lessons that Publishers Weekly calls "illuminating...Braitman's delightful balance of humor and poignancy brings each case of life...[Animal Madness's] continuous dose of hope should prove medicinal for humans and animals alike." Susan Orlean calls Animal Madness "a marvelous, smart, eloquent book—as much about human emotion as it is about animals and their inner lives." It is "a gem...that can teach us much about the wildness of our own minds" (Psychology Today).

To go beyond is to move into a higher state of consciousness, to a place of bliss, greater understanding, love, and deep connectedness, a realm where we finally find life's meaning - experiences for which all spiritual seekers seek. Dr Rupert Sheldrake, writing as both a scientist and a spiritual explorer, looks at seven spiritual practices that are personally transformative and have scientifically measurable effects. He combines the latest scientific research with his extensive knowledge of mystical traditions around the world to show how we may tune into more-than-human realms of consciousness through psychedelics, such as ayahuasca, and by taking cannabis. He also shows how everyday activities can have mystical dimensions, including sports and learning from animals. He discusses traditional religious practices such as fasting, prayer, and the celebration of festivals and holy days. Why do these practices work? Are their effects all inside brains and essentially illusory? Or can we really make contact with forms of consciousness greater than our own? We are in the midst of a spiritual revival. This book is an essential guide.

The book that helped make Michael Pollan, the New York Times bestselling author of How to Change Your Mind, Cooked and The Omnivore's Dilemma, one of the most trusted food experts in America Every schoolchild learns about the mutually beneficial dance of honeybees and flowers: The bee collects nectar and pollen to make honey and, in the process, spreads the flowers' genes far and wide. In The Botany of Desire, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. He masterfully links four fundamental human desires—sweetness, beauty, intoxication, and control—with the plants that satisfy them: the apple, the tulip, marijuana, and the potato. In telling the stories of four familiar species, Pollan illustrates how the plants have evolved to satisfy humankind's most basic yearnings. And just as we've benefited from these plants, we have also done well by them. So who is really domesticating whom?

"Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits." —The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with The Omnivore's Dilemma, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally

important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, *The Omnivore's Dilemma* continues to transform the way Americans think about the politics, perils, and pleasures of eating.

The first comprehensive guide to oneirogens--naturally occurring substances that induce and enhance dreaming • Includes extensive monographs on dream-enhancing substances derived from plant, animal, and human sources • Presents the results of scientific experiments on the effects of using oneirogens • Shows how studies in this area of ethnobotany can yield a scientific understanding of the mysterious mechanism of dreams Oneirogens are plant and animal substances that have long been used to facilitate powerful and productive dreaming. From the beginning of civilization, dreams have guided the inner and outer life of human beings both in relation to each other and to the divine. For centuries shamans have employed oneirogens in finding meaning and healing in their dreams. *Drugs of the Dreaming* details the properties and actions of these dream allies, establishing ethnobotanical profiles for 35 oneirogens, including those extracted from organic sources--such as *Calea zacatechichi* (dream herb or "leaf of the god"), *Salvia divinorum*, and a variety of plants from North and South America and the Pacific used in shamanic practices--as well as synthetically derived oneirogens. They explain the historical use of each oneirogen, its method of action, and what light it sheds on the scientific mechanism of dreaming. They conclude that oneirogens enhance the comprehensibility and facility of the dream/dreamer relationship and hold a powerful key for discerning the psychological needs and destinies of dreamers in the modern world.

THE RENOWNED TEACHER AND AUTHOR'S SPIRITUAL MEMOIR, AS TOLD THROUGH HIS LIFELONG

ENCOUNTERS WITH ANIMALS AND NATURE "I love this book. It feels like a secret treasure bequeathed by Stephen Levine to be opened after his death—an overflowing vessel of insight, humor and literary genius. *Animal Sutras* may be the best book Stephen Levine ever wrote." —Mirabai Starr, *Wild Mercy* "Stephen was a profound healer of the heart, writer and meditation teacher. In *Animal Sutras*, his other gifts shine, as a wise poet-naturalist and Dharma storyteller-philosopher, offered here in a lyrical, quirky, playful, and inviting collection." —Jack Kornfield, *A Path With Heart For Stephen Levine*, "animal-people" were his greatest teachers. So, at age seventy, he began collecting animal spirit stories and transcendent moments in nature from throughout his life—from the green snake who taught him to meditate as a boy to the generous hen whom predators would not harm, and many more. "Animals have a natural mindfulness," Levine writes. "They know what they are doing. Humans, who are full of confusion and seldom wholly in touch with their mind/body, need encouragement and technique to live in the present." Stephen Levine (1937–2016) was an American

poet, author, and spiritual teacher best known for his work, with his wife Ondrea, on death and dying. He is one of a generation of pioneering teachers who made Theravada Buddhism more widely available to students in the West. Like the writings of his colleague and close friend Ram Dass (formerly Richard Alpert), Levine's work is also flavored by the devotional practices and teachings of the Hindu guru Neem Karoli Baba. Levine spent many years in the Southwest, including one tending a wildlife sanctuary in southern Arizona, and among the mountains of New Mexico, where Ondrea still lives. His many books include *Who Dies?*, *A Year to Live*, *Unattended Sorrow*, and *Healing into Life and Death*. An examination of the use of psychedelics for understanding ourselves, connecting with the world around us, and enacting outer change through inner transformation • Explores sacred tools and technologies to help us reestablish a lost ideology of unity, with a specific focus on natural plant/fungi psychedelics • Looks at the history of psychedelics and their role in facilitating natural intelligence's ability to increase itself through ongoing analysis of its own experience • Provides guidelines for safely using natural plant/fungi psychedelics and integrating them into society to access unified consciousness and restore balance to our world Our ecological, social, and political issues all stem from the ideologies that drive our collective actions. In contrast to our innate humanity, which is rooted in unity, these ideologies have led us to believe that we are separate from each other, separate from nature, and separate from the results of our actions. Such a worldview encourages individuals to maximize self-interest, which then causes fragmentation, conflict, pollution, and the depletion of natural resources. Offering practical steps that we can take to heal ourselves and our fragmented world, author Daniel Grauer explores the use of sacred tools and technologies, such as natural psychedelics, meditation, and yoga, in order to reestablish an ideology of unity, work in symbiotic harmony with the Earth, and restore our world as a sustainable and prosperous whole. Grauer explains how individuals--and by extension societies--benefit from safely accessing transcendent states of consciousness, such as those provided by psychedelics. He explores how psychoactive substances have been used throughout history all over the world for healing, personal growth, spiritual development, and revealing hidden truths, such as in the Eleusinian Mysteries, Soma practices in Vedic India, and rituals in several South American indigenous cultures. Drawing on the plant intelligence work of Paul Stamets and Stephen Buhner, Grauer shows that the growth of individual and collective intelligence is hindered by the prohibition of psychedelics, which naturally foster humanity's capacity for analysis, innovation, and cooperation. In addition to creating a sense of unity with all things, psychedelics offer the mind a new perspective from which to analyze its experience and heighten its awareness. Drawing on his own experience and research, Grauer provides guidelines for how to safely use natural plant/fungi psychedelics in order to access the unified consciousness of our ancestors and induce the states of awareness we need to restore natural harmony to our world.

“Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.

Chronicles the search for new medicines in Amazonian jungles and ocean depths, exploring the properties and applications of bark, leaves, coral, frogs, snake venom, and fungi.

Illuminates the far-reaching harms of believing that natural means “good,” from misinformation about health choices to justifications for sexism, racism, and flawed economic policies. People love what’s natural: it’s the best way to eat, the best way to parent, even the best way to act—naturally, just as nature intended. Appeals to the wisdom of nature are among the most powerful arguments in the history of human thought. Yet Nature (with a capital N) and natural goodness are not objective or scientific. In this groundbreaking book, scholar of religion Alan Levinovitz demonstrates that these beliefs are actually religious and highlights the many dangers of substituting simple myths for complicated realities. It may not seem like a problem when it comes to paying a premium for organic food. But what about condemnations of “unnatural” sexual activity? The guilt that attends not having a “natural” birth? Economic deregulation justified by the inherent goodness of “natural” markets? In *Natural*, readers embark on an epic journey, from Peruvian rainforests to the

backcountry in Yellowstone Park, from a “natural” bodybuilding competition to a “natural” cancer-curing clinic. The result is an essential new perspective that shatters faith in Nature’s goodness and points to a better alternative. We can love nature without worshipping it, and we can work toward a better world with humility and dialogue rather than taboos and zealotry.

Less than fifty thousand years ago mankind had no art, no religion, no sophisticated symbolism, no innovative thinking. Then, in a dramatic and electrifying change, described by scientists as "the greatest riddle in human history," all the skills and qualities that we value most highly in ourselves appeared already fully formed, as though bestowed on us by hidden powers. In *Supernatural* Graham Hancock sets out to investigate this mysterious "beforeandafter moment" and to discover the truth about the influences that gave birth to the modern human mind. His quest takes him on a detective journey from the stunningly beautiful painted caves of prehistoric France, Spain, and Italy to rock shelters in the mountains of South Africa, where he finds extraordinary Stone Age art. He uncovers clues that lead him to the depths of the Amazon rainforest to drink the powerful hallucinogen Ayahuasca with shamans, whose paintings contain images of "supernatural beings" identical to the animalhuman hybrids depicted in prehistoric caves. Hallucinogens such as mescaline also produce visionary encounters with exactly the same beings. Scientists at the cutting edge of consciousness research have begun to consider the possibility that such hallucinations may be real perceptions of other "dimensions." Could the "supernaturals" first depicted in the painted caves be the ancient teachers of mankind? Could it be that human evolution is not just the "meaningless" process that Darwin identified, but something more purposive and intelligent that we have barely begun to understand?

In a world where we usually measure animals by human standards, prize-winning author and MacArthur Fellow Carl Safina takes us inside their lives and minds, witnessing their profound capacity for perception, thought and emotion, showing why the word "it" is often inappropriate as we discover who they really are. Weaving decades of observations of actual families of free-living creatures with new discoveries about brain functioning, Carl Safina's narrative breaches many commonly held boundaries between humans and other animals. In *Beyond Words*, readers travel the wilds of Africa to visit some of the last great elephant gatherings, then follow wolves of Yellowstone National Park sort out the aftermath of their personal tragedy, then plunge into the astonishingly peaceful society of killer whales living in waters of the Pacific Northwest. We spend quality time, too, with dogs and falcons and ravens; and consider how the human mind originated. In his wise and passionate new book, Safina delivers a graceful examination of how animals truly think and feel, which calls to question what really does—and what should—make us human.

Mushrooms hold a peculiar place in our culture: we love them and despise them, fear them and misunderstand them.

They can be downright delicious or deadly poisonous, cute as buttons or utterly grotesque. These strange organisms hold great symbolism in our myths and legends. In this book, Nicholas P. Money tells the utterly fascinating story of mushrooms and the ways we have interacted with these fungi throughout history. Whether they have populated the landscapes of fairytales, lent splendid umami to our dishes, or steered us into deep hallucinations, mushrooms have affected humanity from the earliest beginnings of our species. As Money explains, mushrooms are not self-contained organisms like animals and plants. Rather, they are the fruiting bodies of large—sometimes extremely large—colonies of mycelial threads that spread underground and permeate rotting vegetation. Because these colonies decompose organic matter, they are of extraordinary ecological value and have a huge effect on the health of the environment. From sustaining plant growth and spinning the carbon cycle to causing hay fever and affecting the weather, mushrooms affect just about everything we do. Money tells the stories of the eccentric pioneers of mycology, delights in culinary powerhouses like porcini and morels, and considers the value of medicinal mushrooms. This book takes us on a tour of the cultural and scientific importance of mushrooms, from the enchanted forests of folklore to the role of these fungi in sustaining life on earth.

Novel Psychoactive Substances: Classification, Pharmacology and Toxicology provides readers with background on the classification, detection, supply and availability of novel psychoactive substances, otherwise known as "legal highs." This book also covers individual classes of novel psychoactive substances that have recently emerged onto the recreational drug scene and provides an overview of the pharmacology of the substance followed by a discussion of the acute and chronic harm or toxicity associated with the substance. Written by international experts in the field, this multi-authored book is a valuable reference for scientists, clinicians, academics, and regulatory and law enforcement professionals. Includes chapters written by international experts in the field. Provides a comprehensive look at the classification, detection, availability and supply of novel psychoactive substances, in addition to the pharmacology and toxicology associated with the substance. Offers a single source for all interested parties working in this area, including scientists, academics, clinicians, law enforcement and regulatory agencies. Provides a full treatment of novel psychoactive substances that have recently emerged onto the recreational drug scene including mephedrone and the synthetic cannabinoid receptors in 'spice' / 'K2'.

Using the most well-studied behavioral analyses of animal subjects to promote a better understanding of the effects of disease and the effects of new therapeutic treatments on human cognition, Methods of Behavior Analysis in Neuroscience provides a reference manual for molecular and cellular research scientists in both academia and the pharmaceutical

Animals and Psychedelics The Natural World and the Instinct to Alter Consciousness Simon and Schuster

A dazzling work of personal travelogue and cultural criticism that ranges from the primitive to the postmodern in a quest for the promise and meaning of the psychedelic experience. While psychedelics of all sorts are demonized in America today, the visionary compounds found in plants are the spiritual sacraments of tribal cultures around the world. From the iboga of the Bwiti in Gabon, to the Mazatecs of Mexico, these plants are sacred because they awaken the mind to other levels of awareness--to a holographic vision of the universe. *Breaking Open the Head* is a passionate, multilayered, and sometimes rashly personal inquiry into this deep division. On one level, Daniel Pinchbeck tells the story of the encounters between the modern consciousness of the West and these sacramental substances, including such thinkers as Allen Ginsberg, Antonin Artaud, Walter Benjamin, and Terence McKenna, and a new underground of present-day ethnobotanists, chemists, psychonauts, and philosophers. It is also a scrupulous recording of the author's wide-ranging investigation with these outlaw compounds, including a thirty-hour tribal initiation in West Africa; an all-night encounter with the master shamans of the South American rain forest; and a report from a psychedelic utopia in the Black Rock Desert that is the Burning Man Festival. *Breaking Open the Head* is brave participatory journalism at its best, a vivid account of psychic and intellectual experiences that opened doors in the wall of Western rationalism and completed Daniel Pinchbeck's personal transformation from a jaded Manhattan journalist to shamanic initiate and grateful citizen of the cosmos.

Psychopharmacologist Ronald K. Siegel draws on 20 years of groundbreaking research to provide countless examples of the intoxication urge in humans and animals. Presenting his conclusions on the biological and cultural reasons for the pursuit of intoxication, Siegel offers recommendations for curbing the negative effects of drug use in Western culture by designing safe intoxicants.

An Italian ethnobotanist explores the remarkable propensity of wild animals to seek out and use psychoactive substances. • Throws out behaviorist theories that claim animals have no consciousness. • Offers a completely new understanding of the role psychedelics play in the development of consciousness in all species. • Reveals drug use to be a natural instinct. From caffeine-dependent goats to nectar addicted ants, the animal kingdom offers amazing examples of wild animals and insects seeking out and consuming the psychoactive substances in their environments. Author Giorgio Samorini explores this little-known phenomenon and suggests that, far from being confined to humans, the desire to experience altered states of consciousness is a natural drive shared by all living beings and that animals engage in these behaviors deliberately. Rejecting the Western cultural assumption that using drugs is a negative action or the result of an illness, Samorini opens our eyes to the possibility that beings who consume psychedelics--whether humans or

animals--contribute to the evolution of their species by creating entirely new patterns of behavior that eventually will be adopted by other members of that species. The author's fascinating accounts of mushroom-loving reindeer, intoxicated birds, and drunken elephants ensure that readers will never view the animal world in quite the same way again.

This is the story of LSD told by a concerned yet hopeful father, organic chemist Albert Hofmann. He traces LSD's path from a promising psychiatric research medicine to a recreational drug sparking hysteria and prohibition. We follow Dr. Hofmann's trek across Mexico to discover sacred plants related to LSD, and listen in as he corresponds with other notable figures about his remarkable discovery. Underlying it all is Dr. Hofmann's powerful conclusion that mystical experience may be our planet's best hope for survival. Whether induced by LSD, meditation, or arising spontaneously, such experiences help us to comprehend the wonder, the mystery of the divine in the microcosm of the atom, in the macrocosm of the spiral nebula, in the seeds of plants, in the body and soul of people. Now, more than sixty years after the birth of Albert Hofmann's problem child, his vision of its true potential is more relevant, and more needed, than ever.

Alice in Wonderland (also known as Alice's Adventures in Wonderland), from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent example of the genre of "literary nonsense" has endured in popularity with its clever way of playing with logic and a narrative structure that has influenced generations of fiction writing.

New York Times Bestseller "[A] fascinating, engrossing, often dark history of drug use in the Third Reich." — Washington Post The Nazi regime preached an ideology of physical, mental, and moral purity. Yet as Norman Ohler reveals in this gripping new history, the Third Reich was saturated with drugs: cocaine, opiates, and, most of all, methamphetamines, which were consumed by everyone from factory workers to housewives to German soldiers. In fact, troops were encouraged, and in some cases ordered, to take rations of a form of crystal meth—the elevated energy and feelings of invincibility associated with the high even help to account for the breakneck invasion that sealed the fall of France in 1940, as well as other German military victories. Hitler himself became increasingly dependent on injections of a cocktail of drugs—ultimately including Eukodal, a cousin of heroin—administered by his personal doctor. Thoroughly researched and rivetingly readable, *Blitzed* throws light on a history that, until now, has remained in the shadows. "Delightfully nuts." — The New Yorker NORMAN OHLER is an award-winning German novelist, screenwriter, and journalist. He is the author of the novels *Die Quotenmaschine* (the world's first hypertext novel), *Mitte*, and *Stadt des Goldes* (translated into English as *Ponte City*). He was cowriter of the script for Wim Wenders's film *Palermo Shooting*. He lives in Berlin. This is a book about the intersections of three dimensions. The first is the way social scientists and historians treat the history of psychiatry and healing, especially as it intersects with psychedelics. The second encompasses a reflection on the substances themselves and their effects on bodies. The third addresses traditional healing, as it circles back to our understanding of drugs and psychiatry. The chapters explore how these dimensions are distinct, but deeply intertwined, themes that offer important insights into contemporary healing practices. The intended audience of the volume is large and diverse: neuroscientists, biologists, medical

doctors, psychiatrists, psychologists; mental health professionals interested in the therapeutic application of psychedelic substances, or who work with substance abuse, depression, anxiety, and PTSD; patients and practitioners of complementary and alternative medicine; ethnobotanists and ethnopharmacologists; lawyers, criminologists, and other specialists in international law working on matters related to drug policy and human rights, as well as scholars of religious studies, anthropologists, sociologists, and historians; social scientists concerned both with the history of science, medicine, and technology, and concepts of health, illness, and healing. It has a potentially large international audience, especially considering the increasing interest in “psychedelic science” and the growing spread of the use of traditional psychoactives in the West.

A psychiatrist and psychedelic researcher explores the science of connection—why we need it, how we’ve lost it, and how we might find it again. We are suffering from an epidemic of disconnection that antidepressants and social media can’t fix. This state of isolation puts us in “fight or flight mode,” deranging sleep, metabolism and libido. What’s worse, we’re paranoid of others. This kill-or-be-killed framework is not a way to live. But, when we feel safe and loved, we can rest, digest, and repair. We can heal. And it is only in this state of belonging that we can open up to connection with others. In this powerful book, Holland helps us to understand the science of connection as revealed in human experiences from the spiritual to the psychedelic. The key is oxytocin—a neurotransmitter and hormone produced in our bodies that allows us to trust and bond. It fosters attachment between mothers and infants, romantic partners, friends, and even with our pets. There are many ways to reach this state of mental and physical wellbeing that modern medicine has overlooked. The implications for our happiness and health are profound. We can find oneness in meditation, in community, or in awe at the beauty around us. Another option: psychedelic medicines that can catalyze a connection with the self, with nature, or the cosmos. Good Chemistry points us on the right path to forging true and deeper attachments with our own souls, to one another, and even to our planet, helping us heal ourselves and our world.

THE INSPIRATION FOR THE NEW NETFLIX SERIES 'It's not often that a life-changing book falls into one's lap ... Yet Michael Pollan's *Cooked* is one of them.' Sunday Telegraph 'This is a love song to old, slow kitchen skills at their delicious best' Kathryn Huges, GUARDIAN BOOKS OF THE YEAR The New York Times Top Five Bestseller - Michael Pollan's uniquely enjoyable quest to understand the transformative magic of cooking *Cooked* takes us back to basics and first principles: cooking with fire, with water, with air and with earth. Meeting cooks from all over the world, who share their wisdom and stories, Pollan shows how cooking is at the heart of our culture and that when it gets down to it, it also fundamentally shapes our lives. Filled with fascinating facts and curious, mouthwatering tales from cast of eccentrics, *Cooked* explores the deepest mysteries of how and why we cook.

Continuing the journey begun in his acclaimed book *The Cosmic Serpent*, the noted anthropologist ventures firsthand into both traditional cultures and the most up-to-date discoveries of contemporary science to determine nature's secret ways of knowing. Anthropologist Jeremy Narby has altered how we understand the Shamanic cultures and traditions that have undergone a worldwide revival in recent years. Now, in one of his most extraordinary journeys, Narby travels the globe—from the Amazon Basin

to the Far East—to probe what traditional healers and pioneering researchers understand about the intelligence present in all forms of life. *Intelligence in Nature* presents overwhelming illustrative evidence that independent intelligence is not unique to humanity alone. Indeed, bacteria, plants, animals, and other forms of nonhuman life display an uncanny penchant for self-deterministic decisions, patterns, and actions. Narby presents the first in-depth anthropological study of this concept in the West. He not only uncovers a mysterious thread of intelligent behavior within the natural world but also probes the question of what humanity can learn from nature's economy and knowingness in its own search for a saner and more sustainable way of life.

The bestselling author of *All the Shah's Men* and *The Brothers* tells the astonishing story of the man who oversaw the CIA's secret drug and mind-control experiments of the 1950s and '60s. The visionary chemist Sidney Gottlieb was the CIA's master magician and gentlehearted torturer—the agency's "poisoner in chief." As head of the MK-ULTRA mind control project, he directed brutal experiments at secret prisons on three continents. He made pills, powders, and potions that could kill or maim without a trace—including some intended for Fidel Castro and other foreign leaders. He paid prostitutes to lure clients to CIA-run bordellos, where they were secretly dosed with mind-altering drugs. His experiments spread LSD across the United States, making him a hidden godfather of the 1960s counterculture. For years he was the chief supplier of spy tools used by CIA officers around the world. Stephen Kinzer, author of groundbreaking books about U.S. clandestine operations, draws on new documentary research and original interviews to bring to life one of the most powerful unknown Americans of the twentieth century. Gottlieb's reckless experiments on "expendable" human subjects destroyed many lives, yet he considered himself deeply spiritual. He lived in a remote cabin without running water, meditated, and rose before dawn to milk his goats. During his twenty-two years at the CIA, Gottlieb worked in the deepest secrecy. Only since his death has it become possible to piece together his astonishing career at the intersection of extreme science and covert action. *Poisoner in Chief* reveals him as a clandestine conjurer on an epic scale.

The acclaimed discoverer of LSD's personal experiences and thoughts on chemistry, the natural sciences, mind-altering drugs, the soul, and the search for happiness • Shares a different side of the father of LSD, one known only to his friends and close colleagues • Explains Hofmann's different methods of pharmaceutical research based on traditional plant medicine • Includes the poetry of this mystical prophet of psychedelic science Best known as the first person to synthesize, ingest, and discover the psychedelic effects of LSD, Albert Hofmann was more than just a chemist. A pioneer in the field of visionary plant research, he was one of the first people to suggest the use of entheogens for psychological healing and spiritual growth. His insights into the consciousness-expanding effects of psychedelics as well as human nature, the psyche, and the nature of reality earned him a reputation as a mystical scientist and visionary philosopher. This book--Hofmann's last work before his death in 2008 at the age of 102--offers the acclaimed scientist's personal experiences and thoughts on chemistry, the natural sciences, mind-altering drugs, the soul, and the search for happiness and meaning in life. Hofmann explains different methods of pharmaceutical research based on traditional plant medicine

and discusses psilocybin, the active compound in psychedelic mushrooms that he discovered. He examines the psychological role of psychoactives, their therapeutic potential, and their use in easing the life-to-death transition. Sharing a different side of the father of LSD, one known only to his friends and close colleagues, this book also includes the poetry of this mystical prophet of psychedelic science.

A finalist for the 2020 Thurber Prize for American Humor! "The Secret Life of Pets meets The Walking Dead" in this big-hearted, boundlessly beautiful romp through the Apocalypse, where a foul-mouthed crow is humanity's only chance to survive Seattle's zombie problem (Karen Joy Fowler, PEN/Faulkner Award-winning author). S.T., a domesticated crow, is a bird of simple pleasures: hanging out with his owner Big Jim, trading insults with Seattle's wild crows (i.e. "those idiots"), and enjoying the finest food humankind has to offer: Cheetos®. But when Big Jim's eyeball falls out of his head, S.T. starts to think something's not quite right. His tried-and-true remedies—from beak-delivered beer to the slobbering affection of Big Jim's loyal but dim-witted dog, Dennis—fail to cure Big Jim's debilitating malady. S.T. is left with no choice but to abandon his old life and venture out into a wild and frightening new world with his trusty steed Dennis, where he suddenly discovers that the neighbors are devouring one other. Local wildlife is abuzz with rumors of Seattle's dangerous new predators. Humanity's extinction has seemingly arrived, and the only one determined to save it is a cowardly crow whose only knowledge of the world comes from TV. What could possibly go wrong? Includes a Reading Group Guide.

The instant New York Times bestseller "Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways."—New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a "drug"? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we

fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

DIET/HEALTH/EXERCISE/GROOMING

Use of the drug ecstasy, once confined to the teen rave scene, and college campuses, is exploding across America. Ecstasy: The Complete Guide takes the first unbiased look at the risks and the benefits of this unique drug, including the science of how it works; its promise as a treatment for depression, post-traumatic stress disorders, and other mental illnesses; and how to minimize the risks of use.

Can forests think? Do dogs dream? In this astonishing book, Eduardo Kohn challenges the very foundations of anthropology, calling into question our central assumptions about what it means to be human—and thus distinct from all other life forms. Based on four years of fieldwork among the Runa of Ecuador's Upper Amazon, Eduardo Kohn draws on his rich ethnography to explore how Amazonians interact with the many creatures that inhabit one of the world's most complex ecosystems. Whether or not we recognize it, our anthropological tools hinge on those capacities that make us distinctly human. However, when we turn our ethnographic attention to how we relate to other kinds of beings, these tools (which have the effect of divorcing us from the rest of the world) break down. How Forests Think seizes on this breakdown as an opportunity. Avoiding reductionistic solutions, and without losing sight of how our lives and those of others are caught up in the moral webs we humans spin, this book skillfully fashions new kinds of conceptual tools from the strange and unexpected properties of the living world itself. In this groundbreaking work, Kohn takes anthropology in a new and exciting direction—one that offers a more capacious way to think about the world we share with other kinds of beings.

We are in the midst of what is being called the 'psychedelic renaissance' with growing interest into how psychedelics alter consciousness, brain function and brain connectivity. The acute, often profound, effects of the psychedelic experience can induce lasting improvements in mental health demonstrating that chemistry forms the basis of mystical experience, consciousness and mental wellbeing. This volume is a collection of chapters by world leaders in fields of

neurobiology, neuropsychiatry, psychology, ethnography and pharmacology, addressing the neurobiological mechanisms of action of various classic and atypical psychedelics, their therapeutic potential as well as the possible risks associated with their use

A clinical psychiatrist explores the effects of DMT, one of the most powerful psychedelics known. • A behind-the-scenes look at the cutting edge of psychedelic research. • Provides a unique scientific explanation for the phenomenon of alien abduction experiences. From 1990 to 1995 Dr. Rick Strassman conducted U.S. Government-approved and funded clinical research at the University of New Mexico in which he injected sixty volunteers with DMT, one of the most powerful psychedelics known. His detailed account of those sessions is an extraordinarily riveting inquiry into the nature of the human mind and the therapeutic potential of psychedelics. DMT, a plant-derived chemical found in the psychedelic Amazon brew, ayahuasca, is also manufactured by the human brain. In Strassman's volunteers, it consistently produced near-death and mystical experiences. Many reported convincing encounters with intelligent nonhuman presences, aliens, angels, and spirits. Nearly all felt that the sessions were among the most profound experiences of their lives. Strassman's research connects DMT with the pineal gland, considered by Hindus to be the site of the seventh chakra and by Rene Descartes to be the seat of the soul. DMT: The Spirit Molecule makes the bold case that DMT, naturally released by the pineal gland, facilitates the soul's movement in and out of the body and is an integral part of the birth and death experiences, as well as the highest states of meditation and even sexual transcendence. Strassman also believes that "alien abduction experiences" are brought on by accidental releases of DMT. If used wisely, DMT could trigger a period of remarkable progress in the scientific exploration of the most mystical regions of the human mind and soul.

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